

GLAMOUR

**YOUR
SEX
DRIVE**
8 weird
things
that are
very, very
normal

**JENNIFER
CONNELLY**
on getting
what you
deserve in life

**6 QUICK
HAIR
TRICKS**
models
swear by
p. 64

50 SHORTCUTS TO A SEXIER BODY

Sneaky tricks for butt, belly,
thighs—every inch of you!

**Great
news
about
your
health!**
The advice
that's saving
17,000 women's
lives a year

**WHOA!
MEN'S MOST
TABOO
THOUGHTS
ABOUT
WOMEN**

SPECIAL: YOUR SKIN
24 NEW FIXES FOR
PROBLEMS WE ALL DEAL WITH

U.S.A. \$5.99
CANADA \$4.99
EUROPE \$4.99
www.glamour.com





In a world where a celeb wedding can run \$3.5 million, where women pay thousands for It handbags, where a facial can cost a week's pay, it's nice to know you don't need to be rich to have rich-looking skin. "Women in high-income brackets can afford to have more cosmetic procedures—but whether or not they look better is up for argument," says NYC dermatologist Bradford Katchen, M.D. "I see women without a ton of money who have flawless skin because they know how to take care of it." Here, top strategies and a review of the best DIY treatments out there. You're going to be gorgeous, dahling!

5 almost free ways to improve your skin

1. Don't just sit there!

Skin experts are noticing an epidemic of Internet Face: "Women work at computers 10 hours a day and get no exercise; it's bad for you mentally and it's bad for your skin!" says Beverly Hills aesthetician Sonya Dakar (she works with Gwyneth). "You end up with dark circles and dull, sallow skin that's just not vibrant," adds celeb dermatologist David Colbert, M.D. Dakar tells her most crazed clients to take a 10-minute walk twice a day and to massage their faces with their fingertips for one minute to bring out glow. For under-eye rings, Miami and New York City dermatologist Frederic Brandt, M.D., suggests wrapping raw potato slivers in a wet paper towel and using it as a compress for 15 minutes; spuds contain a lightening enzyme.

2. Put down the doughnuts.

Research shows that fried, fatty foods trigger the production of free radicals. These nasty little buggers harm cells, making skin more susceptible to sun damage, and eat away at collagen, the stuff that keeps skin young and plump. "Eat foods high in omega-3 fatty acids—like salmon, walnuts and eggs—and brightly colored produce like dark, leafy greens and berries," says Jessica Fishman, R.D., a nutritionist with the New York Dermatology Group. "They minimize damage and give you clearer, smoother skin."

3. Exfoliate, but not too much.

"I'm seeing more women who overuse scrubs and peels because they think exfoliating

reduces lines and spots," says Cornelia Zicu, head aesthetician at the posh Cornelia Day Resort in New York City. "It can, but you need to keep a little of that dead cell layer or skin will become more susceptible to brown spots and other signs of aging." Exfoliate a minimum of once a week, but never so often that skin feels scratchy or raw. "No pain, no gain" does not apply here.

4. One word: sunscreen.

We mean it: 365 days a year. "You need sun protection all the time, not just in summer," says celebrity dermatologist Patricia Wexler, M.D., summing up the sentiments of every derm on the planet. "Otherwise, it's like using a condom once in a while—not effective." Squirt out a grape-size amount, spread on your face, "then carry the sunscreen down your neck and all the way back to your ears," advises makeup guru Bobbi Brown, whose book about looks and aging, *Living Beauty*, comes out next month. Brown developed this good habit after finding sun spots on the periphery of her face and noticing them there on other women.

5. Get more bang from products.

You can boost the effects of any serum or cream by applying it onto wet or damp skin. As Fifth Avenue dermatologist Arielle Kauvar, M.D., explains, "The active ingredients penetrate more efficiently into moist skin than dry."

—ADDITIONAL REPORTING BY STEPHANIE HUSZAR

Two stunners: model Aurelie Claudel, 26, and her seven-month-old, Leon